

READINESS CHECKLIST

DOCUMENTS

- Family ID Cards
- Special Power of Attorney
- Will (Service Member/Spouse)
- MyPay limited access given to family member
- NMCRS Pre Authorization Form on file
- Updated SGLI Beneficiary
- Updated Record of Emergency Data (RED)
- Family Care Plan on Marine Online
- Family Care Plan packet provided to caregiver

IN THE KNOW

- Expecting parent contacted New Parent Support Program
- Family member has taken L.I.N.K.S.
- Enrolled in Exceptional Family Member Program if required
- Utilized services and programs within Personal and Professional Development
- Contacted School Liaison Officer if children are school-aged
- Family members know who unit chaplain is and how to get ahold of them
- Family members have DRC/URC contact information and receives e-mails/updates from them

OPSEC/PERSEC

- Knows a neighbor
- Privacy settings on Facebook
- Children under 13 don't have Facebook
- Family knows how to use lawn equipment
- Has an emergency binder
- Hurricane preparedness kit
- Evacuation route and hotel phone numbers and addresses if needed to evacuate
- No base decals on windshield
- No business decals with personal info on car
- No family stick figures with names on car
- Talked with family about OPSEC
- Follow MCCS Cherry Point on Facebook for updates

RESOURCES

Marine Corps Community Services (MCCS)
www.mccscherrypoint.com

Marine Corps Family Team Building (MCFTB)
TeamBuilding.OMBCherryPTFamily@usmc-mccs.org
252-466-4637

Military Family Life Consultants (MFLC)
cherrypointadultmflc@srilmflcteam.com
252-327-1733

Unit MFLC: _____

DRC/URC: _____

Chaplain

24hr Line: 252-229-7248

Families Overcoming Under Stress (FOCUS)
252-466-7137

Community Counseling Program (CCP)
252-466-3264

Integrated Behavioral Health Consultant (IBHC)
252-466-6065

Navy Marine Corps Relief Society
252-466-2031

New Parent Support Program (NPSP)
252-466-3651

Exceptional Family Member Program (EFMP)
252-466-3029

Resource and Referral (CDC)
252-466-4354/4176

School Liaison
252-466-7648

Personal Financial Management Program
252-466-4201

Education Office
252-466-3500

Career and Resource Services (CARS)
252-466-6759

Humana/TriCare Representative
252-466-0133 / 0279

MilitaryOneSource.com
1-800-342-9647

DStressLine.com
1-877-476-7734